

Grief Counseling Opportunities in 2019 (October – December)

Advance registration is required for all groups and workshops;
there is no charge for services. Call (336) 331-1300 for assistance.

Coping with the Death of a Child of Any Age

A monthly bereavement support group for adults coping with the death of a child of any age. A brief intake interview is required before joining the group. Open to adults. Call (336) 331-1300 for more information.

Meets 2nd Tuesdays, 6:00 – 7:30 pm
October 8, November 12* & December 10

*Nov. 12 session will join the *Coping with the Holidays* workshop

Coping with the Holidays: Workshops for Adults

Sessions will provide education and tips for coping with the unique grief triggers which can occur during the holidays. You may attend one or more of the monthly sessions. Call (336) 331-1300 for more information and to register.

October Session: Thursday, October 10, 6:00 – 7:30 pm

New this year! Receive grief education and support in preparing for the fall and holiday seasons. Identify helpful coping strategies and practice a ritual of self-care that can be used throughout the season.

November Session: Tuesday, November 12, 6:00 – 7:30 pm

December Session: Tuesday, December 10, 10:00 – 11:30 am

These annual workshops offer grief education and support in forming holiday goals and plans. Identify helpful supports and participate in a candlelight ritual for remembering loved ones.

Location for all groups and workshops:

Trellis Supportive Care • Williams Education & Counseling Center
101 Hospice Lane, Bldg. 121 • Winston-Salem, NC 27103

More Opportunities for Support

Call (336) 331-1300 for more information and to register.
Advance registration is required.



Trellis Supportive Care
BOOKCLUB

Tuesday, December 10
6:00 – 7:30 pm

*The Five Invitations:
Discovering What Death
Can Teach Us About Living
Fully* by Frank Ostaseski

Pet Loss Support for Adults



Meets 3rd Mondays
6:00–7:00 pm

Support for adults grieving
the loss of a beloved pet or
animal companion.

2020 Group & Workshop Schedule coming soon!
Visit [TrellisSupport.org](https://www.trellissupportivecare.org) or call (336) 331-1300 for updates.